

Garlic Shrimp w/ Peas

[Dairy Free](#), [Gluten Free](#), [Halal](#), [Low Sugar](#)

Ingredients

- 1 ½ pounds medium shrimp with shells, shelled and deveined; retain shells
- Salt to taste
- 1 ½ pounds fresh English peas, shelled (1 ¼ to 1 ½ cups depending on size)
- 3 tablespoons extra-virgin olive oil
- 1 head green garlic or 6 garlic cloves, minced
- ¼ to ½ teaspoon red chile flakes, to taste
- ⅓ cup finely chopped cilantro
- ⅓ cup finely chopped parsley
- Cooked rice for serving, optional



Preparation

1. Place shrimp shells in a medium saucepan, add 1 quart water and salt to taste. Bring to a boil. Skim off foam, reduce heat, cover partly and simmer 30 minutes. Strain broth into a bowl and discard shells. Return broth to saucepan.
2. Meanwhile, sprinkle shrimp with salt, toss and let sit for 15 minutes.
3. Return broth to a boil and add peas. Boil 2 minutes, until just wrinkled and slightly tender. Scoop out with a skimmer or slotted spoon and set aside. Measure out ½ cup broth and set aside.
4. Heat oil over medium heat in a wide heavy skillet. Add garlic and chile flakes. Cook, stirring, until garlic is fragrant and beginning to color, about 1 minute. Turn heat to medium-high and add shrimp. Cook, stirring, until shrimp turns pink, about 2 minutes. Add peas, cilantro and parsley and continue to toss in the pan for another minute. Stir in ½ cup broth and heat through while stirring to deglaze pan. Remove from heat, taste and adjust seasoning. Serve.

Nutritional analysis per serving (6 servings)

294 calories; 7 grams fat; 1 gram saturated fat; 5 grams monounsaturated fat; 1 gram polyunsaturated fat; 45 grams carbohydrates; 7 grams dietary fiber; 7 grams sugars; 11 grams protein; 389 milligrams sodium